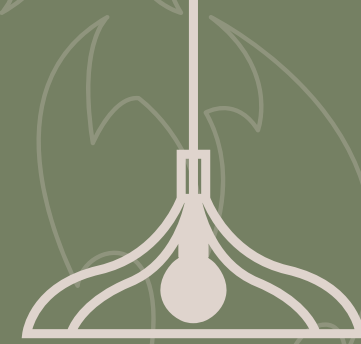




GIVE THE GIFT OF  
**Flame**  
WITH OUR GIFT VOUCHERS



**Flame**

**À LA CARTE**  
MONDAY - SATURDAY

**HEADING TO THE THEATRE?  
OUR PRE THEATRE MENU IS AVAILABLE  
5PM-6.30PM MONDAY-SATURDAY**



WWW.FLAMERESTAURANT.CO.UK  
TEL: 028 9033 2121



## SNACKS - £4 PER ITEM

DUKKAH SPICED FLATBREAD STICKS HUMMUS (2, 10, 12)  
DATES WRAPPED IN PARMA HAM DEVILED MAYONNAISE (4)  
MARINATED OLIVES  
SMOKED PAPRIKA FRIED PICKLES HOT SAUCE (2, 14)  
PORK SCRATCHINGS SMOKED MALDON SALT • APPLE CIDER PURÉE (14)

## STARTERS

**SOUP OF THE DAY** £7.00  
STOUT WHEATEN BREAD & BUTTER (1, 2, 7)

**PEA & CHORIZO ARANCINI** £8.00  
ROMESCO SAUCE • PEA SHOOTS (2, 4, 7, 9, 10)

**CHICKEN LIVER PARFAIT** £8.00  
DATE & APPLE CHUTNEY (2, 4, 7, 14)  
TOASTED SOURDOUGH

**PORK & CHILLI WONTONS** £9.00  
ASIAN VEGETABLES (2, 3, 11, 12, 13)  
CHOW MEIN SAUCE • TOASTED PEANUTS

**CURED SALMON** £9.00  
POTATO & PICKLED SUMMER VEGETABLES (5, 7, 14)  
HORSERADISH CRÈME FRAICHE  
WATERCRESS PURÉE • DILL

**GRILLED GARLIC MUSHROOMS (VG)** £7.00  
TOASTED SOURDOUGH (2, 13)  
PROSOCIANO CHEESE

**SELECTION OF BREADS & BUTTER** £6.00  
(2, 7)

## MAINS

**BBQ SHORT RIB OF BEEF** £18.00  
SWEETCORN & RED PEPPER RELISH (1, 9, 14)  
SPICED POTATO WEDGES

**RUMP OF LAMB** £28.00  
HERB GNOCCHI • SHALLOTS (1, 2, 4, 7, 14)  
BROADBEANS • PEAS • SPINACH PURÉE  
CRISP SWEETBREADS • LAMB SAUCE

**PORK BELLY** £24.00  
SALTED BAKED CELERIAC FONDANT (1, 2, 7, 9, 14)  
BABY LEEKS • POTATO & BACON CRUMB  
POMMERY MUSTARD SAUCE

**PORTUGUESE MARINATED CHICKEN** £18.00  
BRAISED RICE WITH PEAS (1, 7, 14)  
HOMEMADE PERI-PERI SAUCE  
ROAST VEGETABLES

# Flame GRILLED

**FLAME GRILLED BEEF BURGER** £18.00  
GEM LETTUCE • TOMATO • RED ONION (2, 4, 7, 9, 14)  
CHEDDAR CHEESE • TOMATO & GHERKIN RELISH  
CHIPS - ADD STREAKY BACON - £2.00

**GRILLED CHICKEN CAESAR** £16.00  
ROAST BACON LARDONS (2, 4, 5, 9)  
HERB CROUTONS • POACHED EGG

**10oz SIRLOIN** £32.00

THE MOST POPULAR CUT, TENDER AND GREAT EVERYDAY STEAK, TAKEN FROM THE LOWER BACK. BEST SERVED MEDIUM TO RARE

**10oz RIBEYE** £32.00

TAKEN FROM THE CAP OF THE SIRLOIN ON THE LOWER BACK, PACKED WITH FLAVOUR. BEST SERVED MEDIUM TO RARE

**8oz FILLET** £36.00

THE MOST LEAN AND TENDER CUT OF THE ANIMAL. NO FAT, AND THE HEALTHIEST OPTION. BEST SERVED MEDIUM TO RARE

**16oz CÔTE DE BOEUF** £38.00

CÔTE DE BOEUF IS THE FORERIB OF BEEF WITH ALL THE MARBLING AND FLAVOUR OF THE RIBEYE WITH THE RIBCAP OF FAT WHICH RENDERS DOWN FOR A SUCCULENT FINISH

**ALL STEAKS SERVED WITH TOMATO, WATERCRESS, AND A CHOICE OF SIDE & SAUCE**

- ADD BLUE CHEESE - £3.00 (7)
- ADD GARLIC PRAWNS - £5.50 (3, 7)

VG = VEGAN V = VEGETARIAN

**PLEASE NOTE:** SOME DISHES MAY BE POSSIBLE TO DO IN A VEGETARIAN OR VEGAN STYLE. PLEASE CONSULT YOUR SERVER FOR ANY QUERIES.

**ALLERGY KEY:** 1=CELERY 2=GLUTEN 3=CRUSTACEANS 4=EGGS 5=FISH 6=LUPIN 7=DAIRY 8=MOLLUSCS 9=MUSTARD 10=NUTS 11=PEANUTS 12=SESAME SEEDS 13=SOYA 14=SULPHUR DIOXIDE

**PLEASE NOTE:** WE CANNOT GUARANTEE THAT ANY DISH IS COMPLETELY FREE FROM ALLERGENS. PLEASE INFORM YOUR SERVER OF ANY ALLERGIES

**PLEASE NOTE:** OUR STAFF SHARE IN OUR BELIEF THAT A TIP IS TO BE EARNED AND NOT EXPECTED, THEREFORE OUR PRICES DO NOT INCLUDE A SERVICE CHARGE; OUR ONLY EXCEPTION IS FOR PARTIES OF 6 OR MORE WHEREBY A DISCRETIONARY 10% SERVICE CHARGE IS ADDED FOR YOUR CONVENIENCE.

## SIDE ORDERS £5.00

TRIPLE COOKED CHIPS  
SWEET POTATO FRIES  
BABY POTATOES, ROSEMARY & MINT BUTTER (7)  
KALE WITH SMOKED SALT & CHESTNUTS (7, 10)  
BABY CAESAR SALAD (2, 4, 9)  
CRISPY ONION RINGS (2)  
BUTTERED MASH / CHAMP (7)  
ROAST BUTTON MUSHROOMS WITH THYME (7)  
HOUSE SALAD (14)

## SAUCES £2.00

PEPPER SAUCE (7)  
VEAL JUS (14)  
GARLIC BUTTER (7)  
DIANE SAUCE (1, 7, 9)

## FISH

**TRADITIONAL BEER** £16.00  
**BATTERED FISH & CHIPS** (2, 5, 7, 9, 14)  
MUSHY PEAS  
TARTARE SAUCE

**PAN FRIED SCALLOPS** £30.00  
WHITE BEAN & BACON STEW (1, 3, 7, 14)  
CARROT • LEMON PURÉE  
SEA HERBS

**SMOKEY COLEY** £22.00  
PEA & BROADBEAN RISOTTO (5, 7, 9)  
CURRY OIL

## VEGAN & VEGETARIAN

**VEGAN MEATBALLS (VG)** £16.00  
ARRABBIATA SAUCE (2, 13)  
TAGLIATELLE • PROSOCIANO CHEESE

**RISOTTO OF SUMMER VEGETABLES (VG)** £16.00  
(14)  
BASIL OIL • MICRO HERBS

**CRISPY SPICED TOFU (VG)** £16.00  
TOASTED SESAME SEEDS (2, 12, 13, 14)  
BRAISED RICE  
PICKLED POMEGRANATE  
SRIRACHA VEGANAISE